

All Together Smiling

Cheshire & Merseyside Supervised Toothbrushing Programme

WHAT IS ALL TOGETHER SMILING?

All Together Smiling (ATS) is a 3-year evidence-based supervised toothbrushing programme that commenced in April 2024. The programme aims to tackle tooth decay amongst children most at risk, focusing on those aged **2–7 years** within the **20% most deprived communities** across Cheshire & Merseyside. Through supervised toothbrushing in early years and school settings within these communities, the programme will encourage positive oral health habits and help to combat existing disparities in oral health outcomes.

WHAT IS SUPERVISED TOOTHBRUSHING (STB)?

STB is a programme whereby children brush their teeth daily at their nursery or school. STB has shown a reduction in health inequalities, with children at greatest risk of dental caries (tooth decay) receiving the greatest benefit, including children with Special Education Needs and Disabilities (SEND) (Public Health England, 2016).

WHY IS IT IMPORTANT?

Maintaining good oral health is part of the national curriculum for children in nurseries and schools. Tooth decay is the most common dental problem in children and can cause toothache and problems with eating, sleeping and learning. It can also stop children from doing things they enjoy.

STB programmes help children to brush their teeth from a young age as part of their daily routine and also help to create healthy toothbrushing habits at home too!

WHAT SUPPORT WILL WE RECEIVE?

A free programme including the following support:

- ATS are working closely with Local Authority colleagues to support eligible settings and staff working within to implement daily toothbrushing programmes.
- Flexible training offer for staff including ongoing support.
- Programme delivery manual including national guidance on how to implement STB and tools such as information and consent forms, training trackers, cleaning charts etc.

ATS delivery consumables will be provided on a termly basis to participating settings:

- Age-appropriate toothbrushes (including option for children with SEND).
- Fluoride toothpastes (including option for children with SEND).
- Regular oral health take home packs (including a toothbrush, toothpaste and oral health key message leaflet [regular and SEND packs]).
- Toothbrush storage racks and identification icons.

For more information on the roles and responsibilities of settings, or how your setting can take part, please contact your Local Authority directly or the All Together Smiling team:

alltogethersmiling@alderhey.nhs.uk

Scan here to read the Office of
Health Improvement and Disparities
STB evidence-base:

